

MONTHLY SAFETY NEWSLETTER

NIPISSING UNIVERSITY



CONCUSSION AWARENESS

UNDERSTAND THE IMPACT OF HEAD INJURIES

Traumatic brain and head injuries are on the rise in Canadian workplaces. In Ontario alone, workplace concussions have increased by **800%** between 2002 and 2015. Here is how to recognize the signs and symptoms of concussions:

WHAT IS A CONCUSSION?

Concussions are a type of **traumatic head injury** caused by the **rapid movement and impact** of the **brain within the skull**, which can cause **bruising** and **stretching** of brain tissues.

Inside the head, the brain is **suspended in a liquid** called cerebrospinal fluid. The head is typically good at **balancing** your brain within the liquid and **compensating** for movement. However, when there is a **sudden or violent movement**, the brain may **strike the inside of the skull**, resulting in injury to the brain. Additionally, depending on the impact, there could be additional damage to the skull itself, which could worsen the likelihood of injury to the brain and the **risk of infection**.

SIGNS AND SYMPTOMS

Common signs and symptoms following a concussion injury include:

- Amnesia
- Dizziness
- Headache
- Inappropriate behaviour
- Loss of consciousness
- Nausea and vomiting
- Sensitivity to light and noise

WHAT TO DO

If you injure your head and recognize any of these signs and symptoms, **notify your supervisor** immediately and **pursue medical aid**.

Please ensure that you **complete an Injury and Incident Reporting e-Form** to report the injury, available on the Health and Safety website.

WORKER'S RIGHTS

KNOW

You have the right to know about health and safety matters in the workplace.

PARTICIPATE

You have the right to participate in conversations and decisions that could affect your health and safety in the workplace.

REFUSE

You have the right to refuse work that could affect your health and safety in the workplace.

